



Recipes May 2

Mediterranean Shrimp and Israeli Couscous #1

1 lb fresh or frozen medium shrimp
 Nonstick cooking spray
 1 14 1/2 - ounce can no-salt-added diced tomatoes, drained
 1 cup sliced zucchini
 1 large red sweet pepper, chopped (1 cup)
 1/2 cup dry white wine or reduced-sodium chicken broth
 2 cloves garlic, minced
 8 pitted Kalamata olives, coarsely chopped
 1/4 cup chopped fresh basil
 1 tablespoon olive oil
 1 1/2 teaspoons chopped fresh rosemary or 1/2 teaspoon dried rosemary, crushed
 1/4 teaspoon salt
 4 ounces whole wheat Israeli couscous, cooked according to package directions
 2 ounces reduced-fat feta cheese, crumbled

Thaw shrimp, if frozen. Peel and devein shrimp; cover and chill until ready to use.

Warm a medium skillet over medium heat and prepare with cooking spray. Add the 2 cloves of garlic and cook for 2 minutes until softened. Add zucchini, peppers and olives and cook for 2 minutes, stirring. Add the wine and cook for 2-3 minutes until mostly evaporated. Add the diced tomatoes and simmer for 10 minutes.

Meanwhile cook the pasta. Add the basil and rosemary, cook for 2 minutes, then add the shrimp and cook for 5 minutes or until the shrimp are cooked through. Add salt to taste.

Place cooked pasta in a serving bowl and top with shrimp. Sprinkle top with feta cheese.

Greek Chicken Meatballs #2

3 garlic cloves, minced
 1 egg, lightly beaten
 1/3 cup minced white onion
 1/4 cup panko breadcrumbs
 1-1/2 teaspoons dried oregano
 1 teaspoon dried mint
 1/2 teaspoon kosher salt
 1 pound ground chicken
 Yogurt Sauce
 1 cup Greek yogurt
 2 tablespoons chopped fresh parsley
 1 tablespoon chopped fresh dill

1/4 teaspoon ground black pepper
 1/2 medium cucumber, chopped
 1 tomato, chopped
 1/2 red onion, chopped
 1 tablespoon olive oil
 3 tablespoons red wine vinegar
 1/4 cup feta cheese
 4 whole wheat flatbreads

Prepare Meatballs: Preheat oven to 350°. Spray rimmed baking pan with cooking spray. In large bowl, stir together garlic, egg, onion, breadcrumbs, oregano, mint and salt. Add chicken and stir (or mix with hands) until just combined. Do not overmix. Using hands, gently form into golf ball-sized meatballs and place on prepared baking pan.

Bake meatballs 18 to 20 minutes or until lightly browned and internal temperature reaches 165°.

Meanwhile, prepare Yogurt Sauce: In small bowl, stir together yogurt, parsley, dill and pepper. Salt to taste. Make the cucumber relish: add cucumber, tomato, onion, oil and vinegar to a medium bowl and toss. Add feta cheese and season with fresh black pepper. Serve with flatbreads.

Pork Tenderloin with Mustard Sauce and Broccoli #3

2 cups uncooked medium egg noodles
 1 tablespoon olive oil
 1 (1-pound) pork tenderloin, trimmed and cut crosswise into 12 (1-inch-thick) slices
 1/2 teaspoon black pepper
 1/4 teaspoon salt
 1 cup chicken broth
 3 tablespoons whole-grain Dijon mustard
 2 tablespoons water
 2 teaspoons cornstarch
 For the Broccoli:
 3 large broccoli crowns, cut into small florets
 1/2 cup vegetable stock
 1-1/2 tsp salt
 1 tsp black pepper
 1/2 cup shredded parmesan
 juice from 1 lemon

Cook noodles according to package directions, omitting salt and fat; drain.

While the noodles cook, heat oil in a large nonstick skillet over medium-high heat. Sprinkle the pork with pepper and salt. Place pork in pan; cook 5 minutes, turning once.

Combine the wine and mustard; pour into pan. Cover, reduce heat, and simmer 10 minutes. Remove pork from pan; keep warm.

Combine water and cornstarch in a small bowl. Stir cornstarch mixture into pan; bring to a boil, and cook 1 minute or until thick.

In a large pan fitted with a lid place the broccoli and vegetable stock. Bring to a simmer over medium heat, cover with a lid and allow to steam/boil for about 5-7 minutes. Remove lid, sprinkle with salt and

pepper. When ready to serve sprinkle each dish with some of the parmesan and a bit of lemon juice.

Honey Mustard Chicken and Roasted Sweet Potatoes #4

1 1/2 lb skinless, bone-in chicken thighs
Kosher salt and freshly ground pepper
1 tablespoon extra-virgin olive oil
1 large onion, cut into large chunks
2 cooking apples (such as Cortland), cut into chunks
1 cup low-sodium chicken broth
2 to 3 tablespoons honey mustard
1 1/2 teaspoons unsalted butter, softened
1 tablespoon all-purpose flour
1 to 2 tablespoons roughly chopped fresh parsley
1/2 lb sweet potatoes, peeled and sliced into thin rounds
1 tablespoon olive oil
1 clove garlic, minced

Preheat the oven to 450 degrees F.

Toss the sweet potatoes with oil, garlic and a pinch of salt and pepper. Spread out onto baking sheet and place into the oven. Roast until browned, 15-20 minutes, depending on thickness.

Season the chicken with salt and pepper. Heat the olive oil in a large ovenproof skillet over medium-high heat. Working in batches if necessary, add the chicken, flesh side down, and cook until golden, about 6 minutes. Flip and cook 2 to 3 more minutes, then transfer to a plate. Pour off all but 2 tablespoons of the drippings.

Add the onion and apples to the skillet and season with salt and pepper. Cook until slightly softened, about 4 minutes. Mix the broth with the mustard, then add to the skillet and bring to a boil. Arrange the chicken, flesh side up, in the skillet. Transfer to the oven and roast until the chicken is cooked through, 15 to 20 minutes.

Mix the butter and flour to form a paste. Use a slotted spoon to transfer the chicken, apples and onion to plates. Bring the pan juices to a simmer, whisk in about half of the butter-flour mixture and boil to thicken, 2 minutes. Continue to cook, adding more of the butter-flour mixture as needed to make a slightly thick gravy. Season with salt and pepper. Pour over the chicken and sprinkle with parsley. Serve with the sweet potatoes.

Farro, Shrimp and Tomato Risotto #5

28 oz unsalted diced tomatoes with juices
2 large leeks, thinly sliced (white and light green parts only)
1 large bulb fennel, cored and thinly sliced
1 cups farro, rinsed
1 1/2 cups low-sodium chicken broth
2 tbsps unsalted tomato paste
1 lb medium shrimp, peeled and deveined, thawed if frozen
2 tbsps chopped fresh flat-leaf parsley leaves

In a large saucepan, add tomatoes, leeks, fennel, farro, broth, tomato paste and 1/2 cups water; stir to break up tomato paste. Cover and cook over medium low heat until the faro is cooked, about 40 minutes.

Remove lid, add shrimp and stir to combine. Replace lid and continue cooking for an additional 10 minutes, until shrimp are pink and opaque throughout, stirring once after 5 minutes of cooking. Divide among serving bowls and garnish with parsley.